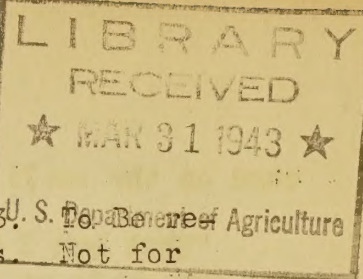


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UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
Washington, D. C.



(Digest of Homemakers' Chats for week of February 1, 1943. mimeographed and distributed to home demonstration agents. Not for broadcasting.)

Monday - More Fuel-Saving Tips. Have you heard about the Victory storm window? It is a sashless window designed to meet the shortage of regular permanent storm windows. It is simply a pane of glass placed over the frame of the window and fastened on with strips of the kind of molding used for picture frames. To keep air from filtering in between the molding and the frame, run an all-weather tape around the edge of the glass. The victory storm window costs about \$2. Housing engineers estimate that each window of average size will save during the winter - using fuel oil, in Portland, Maine, 5-2/3 gallons; in Boston, 4-3/4 gallons; in New York, 4-1/3 gallons; and Washington, D. C., 3-1/3 gallons. Estimates of savings in coal per window: In Portland, Maine, 93 pounds; in Boston, 78 pounds; in New York, 71 pounds; in Washington, D.C., 57 pounds. Little things that will save and add to your comfort - put curtains and shades to work keeping out cold and drafts; drapes or heavy curtains across an open doorway help. If drapes and shades or curtains are lightproof, too, you can have your warmest room fitted up for blackout. Some walls are cold. A wall hanging like a tapestry, rug, or even a blanket, helps to keep the cold from penetrating the room. If cold air gets in under the door, the permanent cure is good weather-stripping and the right kind of threshold; temporary remedy, a small rug or mat against the door. If floors are cold, newspapers folded under rugs help. Keeping sleeping rooms unheated and wearing warmer night clothes will save fuel. Keep a mat on the floor against the door so that cold air won't get into the rest of the house. If you have a fireplace, U.S. Department of Agriculture bulletin 1889, Fireplaces and Chimneys, will help you use it to best advantage.

Tuesday - Question box. "How does the food value of poultry, fish, and other foods suggested in place of meat compare with the food value of meat?" USDA home economists say meat supplies six main food values in good amounts -- protein of good quality, iron, phosphorous, and three of the B vitamins, niacin, thiamine, and riboflavin. Other foods that supply good protein, the B vitamins, and phosphorous are: Poultry, cheese, milk, eggs, fish, dried beans, peas, lentils, soybeans, and peanuts. All these except milk, fish, and cheese are good in iron, too. For iron, also use green leafy vegetables and whole-grain and enriched cereals and bread. The latter also supply the B vitamins. For preparing these foods get USDA wartime leaflet, 99 Ways To Share the Meat.

How to can sausage? USDA home economists say in canning sausage or any other kind of meat, the most important thing is to use a steam-pressure canner. If you don't have one and can't get one, don't try to can sausage, preserve in some other way.

A correspondent's inexpensive blackout window shades don't roll properly after being pulled down. USDA housing engineer says the spring needs tightening. The spring is on the left-hand end of the roller as you use the shade on the window. This end has a flat metal peg. Take down the roller, and roll up the shade with your hands. Then put the roller back on the brackets and pull the shade down. If this doesn't make the spring tight enough, lift the flat peg out of the bracket and give a few turns with the fingers, letting it catch at every



turn on the small "dog" that keeps it from spinning back.

"What can I do about a shade that has come loose from the roller?" First lay the shade on a large table or counter, then trim the ragged edge exactly straight and at right angles to the side. Take out old tacks. Follow the straight line on the roller in placing the edge of the cloth on evenly; then tack with tacks short enough not to hit the spring inside the roller.

"Can I trim down a shade too wide for a window?" Roll the shade away from the roller, remove metal cap and peg at the right end of roller, saw off enough of roller to make proper size, take out stick at lower end of shade and cut from right-hand edge of cloth as much as you sawed off the roller. See that top corner of shade at newly cut edge is snugly attached to the roller so it will not ravel. Roll up shade, put metal cap back. To do this, set the cap and peg in the end of a spool on the floor. Put the cut end of roller into the cap and strike the other end of roller with a mallet or block of wood.

Wednesday - "United Nations" grocery. U. S. Department of Agriculture acts as grocer for the United Nations. Since beginning of the lend-lease program, less than 2 years ago, the Department has bought over 1-1/2 billion dollars worth of American food for shipment to our allies. Sounds like a lot of food; in fact some people say they fear we Americans will go hungry ourselves if we don't stop snipping so much overseas. But that is far from the truth. Our lend-lease exports have been small in relation to our total food supply. For example, less than 1 percent of our total production of butter for 1942 was sent to our allies. Four percent of our canned goods, a little over 9 percent of our eggs, 5 percent of our milk, 13 percent of our pork, and less than a half of 1 percent of our beef and veal went to our allies last year. However this food has kept our friends in the fight while we're building strength.

This job takes planning ahead. In many instances lend-lease purchases are made a year in advance. The allied nations have food missions located in Washington working closely with officials of USDA. They discuss how much food their country will need, what the shipping schedules will be, and how much space the food will require, how it is going to be used, etc., before purchases are made through regular packers and distributors.

Shipping space has much to do with the kind of food sent. We're taking extra water out of it so it will travel light and small and not spoil. For example, we're evaporating excess water from orange juice, leaving in almost all of the vitamins and good flavor. When water is added, it becomes orange juice again. We're making powder out of milk, one of the most perishable foods, sending millions of pounds on long voyages, and not a bit has spoiled. We're drying the water out of carrots, beets, cabbage, onions, potatoes, spinach, and many other vegetables, cutting their weight one-tenth to one-twentieth.

We're sending powdered eggs, 5-ounce packages which equal a dozen in the shell. Also "pork and soya links", ground pork and soya flour. We are sending to Russia a quick-cooking cereal made of rolled oats, soya flakes, dry skim milk, sugar, and salt, close to a complete meal in itself. Some foods we are sending are new to us -- prepared for foreign tastes. One called Toshonka is a mixture



of pork, bay leaves, onions, pepper, and salt, for the Russian soldiers. Two other items we are sending overseas in large quantities are seeds and synthetic vitamins--seeds to replant gardens and fields overrun by Hitler's panzer divisions; vitamins in concentrated form to supplement starvation diets. Next year probably 25 percent of our food must go to our allies and armed forces. If interested in knowing more, write to USDA for the December issue of **MARKETING ACTIVITIES** and read "The World's largest Grocery Store."

Thursday - Question box. "Is it practical to start tomatoes from seed in the house?" USDA plant scientists say it's easier to begin with plants already started, but you can raise your own if you have the equipment. Remember, though, that seed is precious. Select with care and plant it sparingly. Two small packages of tomato seed, one of early, one of late variety, will produce enough plants for several family gardens. You might share your seeds or start plants for your neighborhood. Plant in finely sifted garden soil in quart berry boxes, or in shallow wooden flats 4 or 5 inches apart in each direction. The young plants will need transplanting first to a coldframe, then to the open ground when danger of frost is past. Later crops of tomatoes you can grow without transplanting. See directions in USDA Farmers' Bulletin No. 1673, The Farm Garden.

"Some of my canned food froze during a cold snap. Is it safe to eat?" The answer is "Yes", as long as spoilage organisms haven't got in because the cans swell or bulge enough to cause tiny leaks. Sometimes the seams spread so little you can't see any leaks, yet bacteria can get in. Better use up canned food that has frozen, as fast as possible after freezing.

"Is it true the United States is sending mustard abroad to our allies?" Yes, the USDA Food Distribution Administration is planning to buy for the United Nations about 200,000 pounds of mustard powder.

"Should I plug my electric iron in the wall first and then into the iron, or the other way about?" USDA household equipment specialists say attach the plug to the iron first. If you always attach the plug to the iron after the cord has been connected to the wall outlet you may cause sparking. Sparking slowly destroys the metal of the iron terminals.

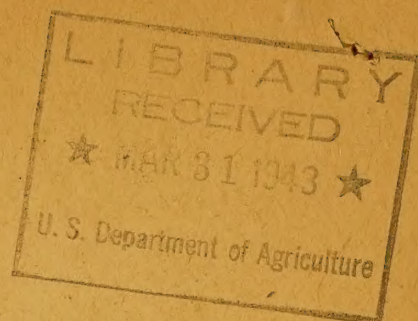






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United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.



(Digest of Homemakers' Chats for week of February 8, 1943. To be remimeographed and distributed to home demonstration agents. Not for broadcasting).

Monday - Wartime Living Costs. Government figures on living costs in war-time: Total rise in living cost in the United States during our first year at war is 9 percent. Since the outbreak of war in Europe the rise has been slightly more than 22 percent. In the same period during the last war, living costs rose 35 percent as compared with 22 percent in this war. Compared with living costs in the prosperous twenties and depressed thirties, the cost of food in United States cities this last December was about the same as in December 1929; that is, 33 percent higher than during the years 1935 through 1939, taking average food costs. In December 1942, food prices, mostly of fresh fruits and vegetables, went up a little over 1 percent. Prices of most fresh fruits and vegetables were not under Government control, only citrus fruits, potatoes, and onions. Prices of foods under control went up only half of 1 percent. December egg prices went up (usually they go down in December); in many cities the price of butter went up slightly because of shortage. From May to December (6 months) the total rise of food prices was 9.1 percent. Foods under Government price control rose almost 7 percent; those not under rose almost 30 percent.

In clothing, garments showing greatest rise since 1939 are men's cotton work shirts (more than 5 percent) and women's cotton wash dresses (more than 63 percent). Women's shoes and men's overcoats show the least rise. December figures show men's woolen suits and overcoats, cotton shirts and work trousers, women's rayon underwear selling for higher prices on the average; in some cities women's wool coats, percale dresses, and shoes went down.

In house furnishings, sheets have gone up over 53 percent since 1939; living-room furniture, over 40 percent; rugs and wool blankets, around 23 percent.

Several cities reported higher rates for hospital rooms; a few, for beauty and barber shop services. Fuel costs rose one-tenth of 1 percent because of advances in coal prices. Rents, under Federal control, show generally no change.

Price Administration officials recently announced that the price housewives will pay over the next year for the four major canned vegetables--tomatoes, peas, snap beans, and sweet corn--will be about the same as now.

Tuesday - Question box. "Can I stuff other vegetables besides green peppers to use up left-overs and make variety?" United States Department of Agriculture home economists say "practically any vegetable you can scoop out to hold stuffing" can be used. You probably have stuffed baked potatoes, white and sweet. Besides left-overs, chopped nuts can be mixed with sweetpotato stuffing. Other good vegetables to stuff are squash, onions, tomatoes, eggplant, cucumbers, and large mushrooms. All except tomatoes and mushrooms need boiling until almost tender before stuffing. When you have left-over cooked liver, heart, or other "variety" meats, grind them up and mix with stuffing. This makes left-overs seem entirely different. Bread crumbs with a little fat or grated cheese make a nice topping for any stuffed vegetables.



How can I store day-to-day fuel wood in kitchen too small for a wood box?" United States Department of Agriculture kitchen-planning home economists suggest: Building a wood closet on an outside wall of your kitchen with a door to it from the kitchen; or, a place for wood under a high cupboard or in a window seat with a hinged top.

"Is a mixture of paraffin and gasoline suitable for waxing inlaid linoleum?" USDA home economists say paraffin wax will not harm linoleum, but is too soft for efficient use on floors. Either a paste wax or one of the self-polishing waxes is better. Printed linoleums sometimes have a finish of varnish, but varnish will not do for inlaid linoleum.

Wednesday - February food notes. The Secretary of Agriculture, as National Food Administrator, recently issued an order that 30 percent of our butter is to go on reserve for military purposes. This applies only to creameries producing more than 12,000 pounds in any month since January of 1942; smaller creameries continue their usual distribution. Where is that 30 percent going? Two-thirds of it goes to our military forces; the remaining one-third to our allies, to people living in United States possessions, and to the Red Cross. Most of the butter bought for lend-lease goes to Russia, direct to their fighting forces. Last year we sent Russia less than 1 percent of our total butter supply; this year we expect to ship considerably more. If everyone in the United States would eat just 1 pound less a year than usual, the supply saved would be more than the amount we plan to send Russia this year. Butter was less than 6 percent of the food fats and oils we sent Russia last year. This year butter will be less than 10 percent of the total fats we send there. To date, Great Britain has had no butter from us under lend-lease shipments.

Now a note about using less butter at home. See free folder of USDA, "Root Vegetables in Low-Cost Meals." Among suggestions, add meat drippings or melted fat along with salt and pepper to season a plain-cooked hot vegetable. You can give a "lift" to vegetables by adding chopped onion or chopped green pepper. Try parsley chopped and heated in a little fat. Carrots, turnips, and onions are good with milk or white sauce made with milk. A good recipe is in the folder. Add grated cheese for cheese sauce, chopped hard-cooked egg for egg sauce, add left-over bits of meat or fish for other kinds of flavorful sauce. Beets, carrots, or turnips are good seasoned with a little vinegar added to the hot fat, or lemon juice or sour cream. Break bread into crumbs, mix with meat drippings, and spread over top of cooked vegetables in a baking dish.

Thursday - Question box. Questions about old-fashioned foods. "How can I make hot desserts similar to corn meal pudding with raisins in it?" United States Department of Agriculture home economists suggest you cook cereal such as corn meal grits, rolled oats, or rolled wheat, also rice--as for breakfast. Cooking with milk makes it extra nutritious. Use about half as much stewed dried fruit or stewed canned fruit as cooked cereal, sweeten to taste, and add a little mild-flavored fat. Serve hot with top milk. Good combinations--rice with canned peaches--corn meal with dried apples.

"How can I make light dumplings with fricasseed chicken?" USDA home economists say--keep the dumplings covered tight the whole time they are cooking. If steam escapes, the dumplings won't be light. Have your chicken gravy thickened and hot in a broad pan with a tight-fitting lid when the dumplings are mixed. Ingredients for dumplings: 3/4 cup of sifted flour; 2 1/2 teaspoons baking



powder; 1/2 teaspoon salt; 1 egg; 1/3 cup milk. Beat the egg, add milk and mix with the dry ingredients; drop by spoonfuls into the boiling chicken gravy, cover tight, and cook for 15 minutes without removing the cover. You can also cook dumplings in a chicken soup.

"Is it worth while in wartime to grow herbs just for seasoning?" Both USDA plant scientists and home economists say yes. They give zest and flavor to many foods that otherwise might be dull, help ring changes when using the same foods frequently. Be sure to have some parsley in your herb border (it is a source of vitamins A and C), chives for onion flavor, thyme and sage for stuffings, basil for tomato soups and sauces, mint for summer drinks, and sauce for lamb. Sometimes neighbors exchange herbs. For exchange, another might plant dill for pickles, omelets, salads; marjoram for soups and salad; rosemary for lamb and veal; rue, savory, and caraway. Herbs need plenty of sunshine and enough space to grow well. You need only one or two plants of most kinds.

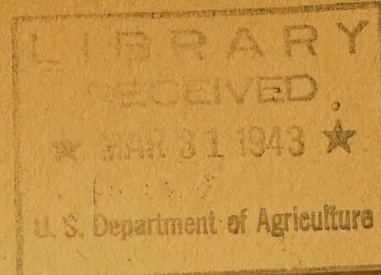






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UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
Washington, D. C



(Digest of Homemakers' Chats for week of February 15, 1943. To be remineographed and distributed to home demonstration agents. Not for broadcasting.)

Monday - A New lining for a spring coat. Relining a spring coat is not particularly difficult, say USDA home economists. The job has six steps: (1) Cut a new lining exactly by the old one; (2) stitch and press the side seams; (3) fit the new lining into the coat just as the old one was; (4) hem the new lining all around except at the bottom; (5) hem the sleeve linings into the armholes; and (6) hem the bottom of the lining separate from the coat. Then, press the new coat on the lining, side and the job is done. Detailed instructions are in Farmers' Bulletin 1894, Coat Making at Home. Lining materials, say the home economists, are chiefly rayon, rayon crepe, rayon satin, or rayon twill weave. Any of these will be durable, so you don't need to choose too heavy a quality for a lightweight coat. But make sure the material has been shrunk, or else steam-shrink it yourself before you cut it.

Tuesday - Question Box. "Please explain what slicing or not slicing bread has to do with the war effort." USDA officials say the order restricting bread slicing is to help save such critical materials as paper, wax, metal, labor, and also to help keep down the price you pay for bread. Slicing machines are metal, wear out with use, calling for new machines or parts made of metal, and war demands for metal are more important than slicing machines. Sliced bread requires heavier wrapping than unsliced--thinner wrapping for unsliced saves paper and wax. Saving of labor and power required to run the slicing machine is also important. Ceiling prices on bread have been in effect since March 1942. Higher wheat prices forced up the ceiling price of flour last month. Higher prices of flour might very easily force up the price of bread. Government officials hope the saving by stopping slicing and other unnecessary bakery services will offset the higher price of flour and save you from paying more for bread. Other advantages of unsliced bread: It does not dry out so quickly; in summer does not mold so rapidly; you can slice thick or thin.

"Is it possible to make yeast bread with oatmeal?" USDA home economists say you can make excellent bread, using part rolled oats and part wheat flour. It has a coarser grain than wheat bread, but provides variety. A good proportion is 3 cups of finely ground rolled oats to 9 cups of sifted flour. Directions for this, also for rye bread and soybean bread, in Farmers' Bulletin 1775, Homemade bread, cake, and pastry."

"In making cheese omelet, when and how is cheese added to eggs, and what temperature is used for cooking?" USDA home economists say you can add grated cheese to omelet mixture before cooking, or spread thin slices of cheese over the omelet after it has cooked; but before you roll it, turn it out on the hot platter. "Go easy" with the heat. Both egg and cheese dishes cook best at low or moderate temperatures. Ask for the folder, "Cheese in Your Meals," from United States Department of Agriculture.



Wednesday - Know your food grades. One way to know what you are buying is to get foods with United States Government grades whenever possible. The label on a grade-labeled can of fruits or vegetables tells you whether the food is of A, B, or C quality. Only fruits and vegetables that are finest in looks as well as other qualities rate Grade A. Grade B products are of excellent quality, but may be a little less tender and less uniform in size and also may have a few blemishes. Grade C canned goods are a good quality, but aren't so carefully selected as the first two grades, yet may have the advantage in food value because the fruit or vegetable may have been more mature when harvested. All canned products don't come in all three grades; some, only the top and standard grade--asparagus, carrots, and apple juice are good examples of this. Any canner can grade-label his produce if he wishes, but the grade on the label must meet the standard set by the Federal Government. Some have continuous Government inspection during the canning process, and they have the right to put the letters "U.S." before the grade letter. Names as well as letters may show grade. Fancy is the same as Grade A; Choice or Extra Standard is same as Grade B; Standard as Grade C. You can select by grade to suit the way you plan to use the food. You don't need Grade A peaches for slicing in a salad or cobbler; Grade C would serve as well. But if you plan to serve individual peach halves, select Grade A. One food just put under grading by letter is butter; previously, butter grades were in numbers. Today the top grade is double A, next A, then B, then C, and the lowest is "U.S. Cooking." Government ceiling prices are based on these grades. Eggs, too, recently received grade letters--now are AA, A, B, and C. Eggs also sell by weight: Jumbo, about 28 ounces to the dozen; extra large, 6 ounces; large, 24 ounces; medium, 22 ounces; small 20 ounces. Only "Jumbo" and "Extra large" are new weights. About meat grades--all the beef you buy from now on must carry the Government stamp. New grades for beef, authorized by OPA, are Choice, Good, Commercial, and Utility. These grades are in addition to the Government's stamp of inspection which has been on beef for many years to show it is fit for human consumption. Lamb and mutton also go by the same grades as beef. But Government grades for these meats is not compulsory except for veal with a grade of Choice. When the Government does not grade these meats, veal, lamb, and mutton get their grades by letter instead of word: AA instead of Choice; A instead of Good; B instead of Commercial; C instead of Utility. Read your labels; they help you to obtain the quality you want at the price you can afford to pay.

Thursday - Question Box. "How can I mend a 3-cornered tear in the sleeve of a new leather jacket?" USDA leather specialist suggests pasting on a patch of leather or cloth of matching color underneath the tear. Use waterproof cement made of nitrocellulose and sold for miscellaneous household repairs, or use a rubber paste like that used in mounting photographs. If necessary, rip enough of the sleeve lining so you can get at the torn part. Spread the cement or paste on the patch and on the under surface of the sleeve where the patch is to go. If you use rubber cement, wait a few minutes after spreading on the cement and then press the two surfaces together. If you use waterproof cement, let it dry, spread again, and immediately put the patch in place, drawing the edges of the three-cornered tear carefully together. Put a cold weight over the patch, and leave for an hour. To avoid wrinkling the sleeve, use a sleeve ironing board or any smooth flat narrow piece of board inside the sleeve under the patch. Waterproof cement won't stick to a greasy surface. If the leather



shows any grease, sponge around the edge of the tear with carbon tetrachloride or other grease solvent before applying cement. Thread might cut through the leather if used for mending. However, you can mend a straight tear in a glove by overhanding together on the outside with a mercerized cotton thread.

"Would the food value of dried infant food be the same as the canned?" USDA home economists reply: A great deal of research still needs to be done, not only on dehydrating vegetables, but also packaging and storing them, before anyone can speak confidently of their vitamin value under conditions of home use. But why worry about dried baby food now? Stores still have baby food in cans.

"What kind of soda is meant in the directions for cleaning refrigerators?" The answer is, -baking soda- bicarbonate of soda, as it is often called. Use 1 level tablespoonful to each quart of warm water. When you defrost a mechanical refrigerator it is a good time to clean it. Make the soda solution, and wash both the inside and the outside of the evaporator or freezing unit. Clean every part of the inside of the refrigerator, all shelves, fruit baskets, and vegetable crisper. Never use harsh, scratchy cleaning powders on the ice-cube trays or the rubber gasket. Wash these just with soap and water. Rinse and wipe dry. If anything spills on the gasket, wipe it off at once. Take care not to scratch or scuff the rubber. Clean an ice refrigerator the same thorough way. Once a week flush out the drain with a pint of warm water mixed with a tablespoonful of baking soda. Every few weeks remove and clean the drain pipe and trap.







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Washington, D. C.

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U. S. DEPARTMENT OF AGRICULTURE

(Digest of Homemakers' Chats for  
Week of February 22, 1943. To be  
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broadcasting).

Monday - Three pairs-- and their care. Here are suggestions from USDA leather experts to help you keep your shoes comfortable, serviceable, and good looking as well.

(1) Have at least 2 pairs for everyday wear. Perspiration is hard on leather. Give shoes a day to dry, air, and rest after a day on foot. Keep them on shoe-trees, or use pads of crumpled paper inside to keep the shape. Best shoe-trees have shape of foot; those that are simply wooden ends on a strip of flexible metal will help, provided they aren't so long or strong that they stretch shoes out of shape.

(2) Mend shoes promptly when they begin to wear. If you let a torn or worn place go too long, it may be impossible to mend nicely. The new sole must go on before the old one has worn through to the welt. The time to resole is when the hole has gone through only the outsole. A run-down heel can pull the whole shoe out of shape and twist feet, ankles, and legs out of shape, too. Stitching that gives way on the upper part of the shoe can be mended with stout flax shoe thread and a good strong needle. Many families have kits for repairing shoes and do their own resoling.

(3) Keep shoes clean and lubricated. Mud, water, and too much drying make leather hard and stiff, cause it to crack and wear out. Oiling or waxing saves leather by keeping out moisture and keeping the leather soft and pliable. Polish keeps street and dress shoes in good condition. Most polishes are mixtures of wax, colored with dye and softened to a paste with turpentine. Others are wax with borax, or soda, colored with dye or powdered bone charcoal, and soap to form a paste. Any polish or shoe preparation that contains free acid or alkali can injure leather. Some preparations for white summer shoes containing a bleaching acid have injured leather. When shoes are muddy, clean as soon as possible; wash with soap and water if necessary. Then rub oil on while the leather is still wet. Castor oil is the only oil you can use if you are going to polish the shoes. Dry leather in a cool place, and don't wear until thoroughly dry. Wet leather is weak, pulls out of shape, and tears easily.

Tuesday - Question Box. "How can I tell when my garden soil is right to begin spading and working?" Pick up a handful of soil and squeeze it together. If it crumbles at slight pressure, go ahead; if it sticks together in a ball, it is too wet to plow or work. "If I make a garden on a vacant lot, will I be able to get the necessary fertilizer?" USDA plant specialists say WPB and USDA have approved a Victory Garden fertilizer that is about as good as you can buy just now. It contains 3 percent nitrogen, 8 percent phosphoric acid, and 7 percent potash. Ask for it by name--Victory Garden Fertilizer. You'll need a pound for each 25 feet of row, or 3 or 4 pounds for 100 square feet.



"Shall I scatter commercial fertilizer about or dig it in?" The best way is to spread it along the rows, but not close enough to touch the seeds. Scoop out a wide furrow with a hoe about 2 inches from where you will plant your seeds or plants, making a band 3 or 4 inches wide and 2 inches deep. Spread the fertilizer evenly along this furrow, mix with the soil, and cover about 2 inches deep. Broadcasting fertilizer is easier, but wasteful except where rows are very close.

"How far apart and how deep should I plant vegetables?" It all depends on what vegetables. USDA Misc. Pub. No. 483, Victory Gardens, tells in detail how to plant every vegetable you are likely to plant, and gives much helpful information; such as, to make rows for planting small seeds, take the end of the hoe or rake handle and draw it through the soil along the string that marks the row; for larger seeds, take the corner of the hoe to open the row.

Wednesday - Bread and Milk Orders. Making our food supply go as far as possible, saving time and energy, conserving materials--these are the war jobs of the homemaker. The Government is issuing the wartime food orders to help us here on the home front in this big conservation job. Bread Order, Food Distribution Order No. 1, provides for many changes in baking and buying bread. Now bakers can make only 15 varieties of bread and 9 varieties of rolls. This cut in varieties applies to the total number, and the bakers in each section of the country may continue making the kinds popular in their locality. One important saving feature of the Bread Order is the prohibition against returns. In the past, bread left over at the end of a day was taken back by the bakers, and much of it went into animal and poultry feed. Returns alone in 1942 represented about 4 1/2 million pounds of shortening, 5 1/2 million pounds of dried milk, and 6 million pounds of sugar. Under the new regulation each grocer orders only the amount he expects to sell in a day, but if some is left over at night, it is put on sale the next day. As a matter of fact, day-old bread is better for many uses, such as for sandwiches or toast. Another significant feature of the Bread Order is that it provides for the enrichment of all white bread so that essential vitamins and minerals removed in the milling process are restored to the bread itself. Under the milk order, you can't buy milk in containers smaller than a quart from delivery wagons and stores, but where milk is resold for consumption on the premises, exception is made. This order simplifies plant and delivery operations, and it also requires that a deposit be made on milk bottles so they'll be returned and that dairies load only on advance or standing orders. Both measures conserve. To date, the Government has issued 12 food distribution orders, vital steps in our war effort.

Thursday - Question Box. "The weather is still cold in my part of the country, but I've seen moths flying about. Will they damage our clothes or blankets at this time of year?" USDA entomologists say yes. Lose no time in going over the contents of your clothes closets and storage places. Air and sun woolen garments and blankets. Clean out dark corners and cracks of closets often and pack away anything you're not using, in mothproof containers with moth flakes.

"How to make corn meal wafers?" USDA home economists say you can make these with only 5 ingredients: 1/2 cup yellow corn meal, 1/2 cup sifted white flour, 1 tablespoon fat, 1/2 teaspoon salt, and 3 tablespoons of either milk or water. Mix dry ingredients, add fat and then the liquid. The dough should be stiff enough to roll into a very thin sheet. Cut with cookie cutter and bake quickly in a hot oven. You can keep them like crackers in a box with a tight lid.



They go especially well with a mixed green salad. If you wish to use white corn meal, prick the wafers all over with a fork before baking, as otherwise they may blister. You can make cheese straws from this same recipe. Sprinkle grated sharp cheese and paprika over the top of the dough after you roll it out, and cut into strips instead of cookie shapes.

"I heard sodium perborate suggested as a cleaner for white woollens. Can I use this chemical to remove stains on other materials?" USDA home economists have found sodium perborate very satisfactory for a number of stains on different materials and even safe to use on some colored materials, if you work quickly. Make a sponging solution containing 4 tablespoons of sodium perborate to a pint of lukewarm water and sponge the stains with it. Or stretch the stained part over a bowl of hot water, dampen the stain with water, and dust the powdered sodium perborate on it. Let the powder stay a minute or two, then sponge and rinse well with water. Sodium perborate won't do for all stains. Some ink stains, iron rust, dyes and running color, or metal stains, do not respond to it. For full information on stain removal, write United States Department of Agriculture for Farmers' Bulletin #1474



